

10 Alternatives to Lashing Out at Your Child

The next time everyday pressures build up to the point where you feel like lashing out - STOP!

Try any of these simple alternatives.

You'll feel better . . . and so will your child

1. Take a deep breath. And another. Then remember you are the adult.
2. Close your eyes and imagine you're hearing what your child is about to hear.
3. Press your lips together and count to 10. Or, better yet, to 20.
4. Put your child in a time-out chair.(Remember the rule: one time-out minute for each year of age.)
5. Put yourself in a time-out chair. Think about why you are angry: Is it your child, or is your child simply a convenient target for your anger?
6. Phone a friend.
7. If someone can watch the children, go outside and take a walk.
8. Take a hot bath or splash cold water on your face.
9. Hug a pillow.
10. Pick up a pencil and write down as many helpful words as you can think of. Save the list.

For information or help: In NH or Vermont call 211



For more Fact Sheets please go to www.ParentHelpNH.org

Children's Hospital at Dartmouth, Injury Prevention Center, NH Department of Health and Human Services, NH Department of Education, NH Pediatric Society, SAFE KIDS NH & Partnership for a DrugFreeNH.org